



Alumni Testimonial

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I could have never dreamt of the impact that walking into the doors of Renfrew would have on my life. I was 23, consumed by my eating disorder and knew I needed help. My world had become small and scary, and I was exhausted from living my life through limitations and rules. I didn't know it then but entering Renfrew my first day of treatment was a decision that would change my life.

Renfrew provided me a safe place to learn, heal and grow. For the first time, I was surrounded by a community that understood what I was struggling with, and supported and empowered me. I met the most inspirational and incredible people throughout my journey, and the conversations had, relationships developed, and memories shared, are irreplaceable. I believe the positive and nurturing environment that exists within the community is a direct reflection of the staff at Renfrew. From day one, the staff was welcoming, inspiring and motivating. Through the ups and the downs and the tough decisions, they supported and accepted me. Recovery is hard, but the consistency and patience within the staff make it possible.

My time at Renfrew was completely transformational. I began the program solely trusting that the groups and hard work I was doing would help me, but I hadn't anticipated how transformative it truly would be. I developed my recovery voice, reconnected with my values, developed a positive relationship with food, and without realizing it, began to witness my brain re-wiring to its healthy self. **The design, content and consistency of the program taught me skills that will contribute to my long-term recovery.** One additional asset to Renfrew is their incorporation of families. Family therapy, Family Day and Multi-Family Group gave me the greatest gift of all—support. Eating disorders are isolating and my relationship with my family was jeopardized at my eating disorder's expense. Renfrew's focus on families as supports allowed me to achieve recovery with my parents by my side.



870R Commonwealth Avenue
Boston, MA 02215

I never imagined it possible, but I gained more than recovery at Renfrew. My last day of treatment, **I left Renfrew with a feeling of confidence, self-compassion and hope that I didn't know existed within me. I now believe in myself and know I am worthy of not only recovery, but also a joyful and limitless life.** The staff of Renfrew changed my life, and I am forever grateful to have received help from incredible people at an outstanding place. I have an immensity of hope for eating disorder recovery for me and others because Renfrew exists.

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*Abby LeBarron • Alumna
The Renfrew Center of Boston*